

GET CHILDREN EXCITED ABOUT HEALTHY EATING BY TEACHING THEM ABOUT HEALTHY EATING



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**ADULTS SHOULD TAKE AN
ACTIVE ROLE TO HELP
CHILDREN ESTABLISH AN
INTERNAL MOTIVATION TO
CONSUME HEALTHY FOOD.**

**CHILDREN LOVE TO EAT AND LOVE
TO LEARN.....**

**.....IT IS A WINNING COMBINATION
FOR GETTING THEM EXCITED ABOUT
HEALTHY EATING.**





**ENTHUSIASM IS
CONTAGIOUS!
INFECT YOUNG
CHILDREN WITH
ENTHUSIASM FOR
HEALTHY FOOD.**

TALK TO CHILDREN ABOUT HOW HEALTHY FOOD HELPS THEIR BODIES

- ❖ IT HELPS THEM GROW TALL AND STRONG
- ❖ IT HELPS THEM RUN FAST AND JUMP HIGH
- ❖ IT HELPS THEM ACCOMPLISH NEW SKILLS LIKE HOPPING ON ONE FOOT
- ❖ IT HELPS THEIR BODIES FIGHT OFF GERMS THAT MAKE THEM SICK



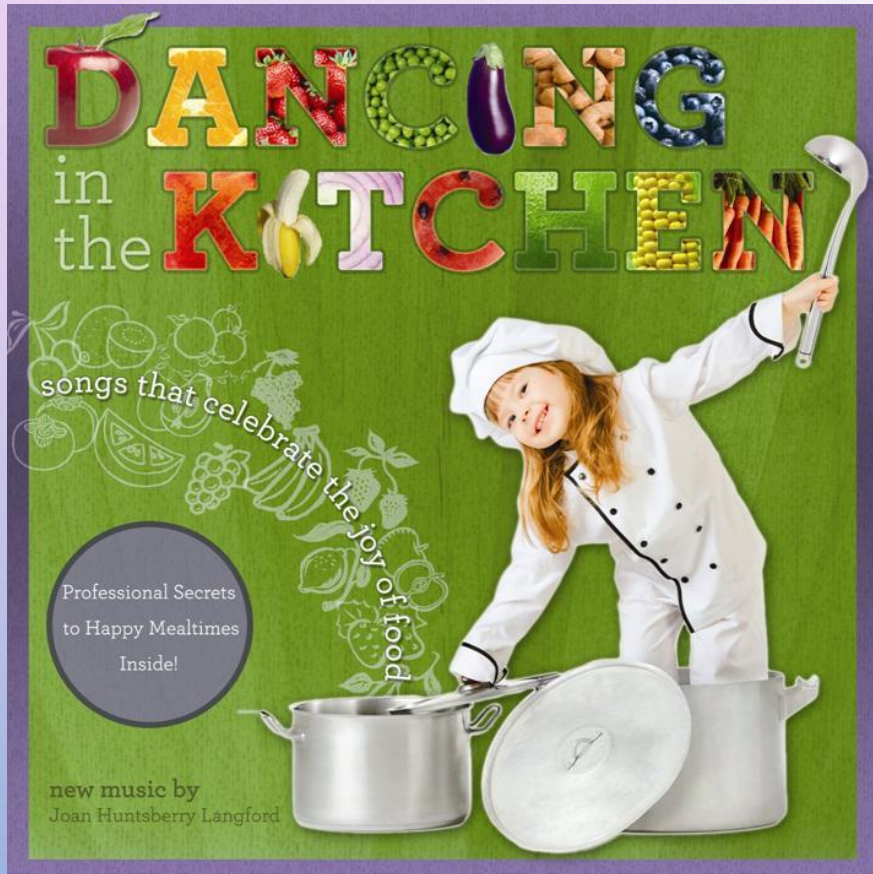
MIGHTY NUTRITION MESSAGES

MIGHTY MESSAGES ARE POWERFUL POSITIVE ENTHUSIASTIC MESSAGES ABOUT HEALTHY FOOD THAT HELP FACILITATE THE ADOPTION OF EATING HEALTHY HABITS.

- ❑ VEGGIES ENERGIZE MY BODY!
- ❑ MEAT MAKES MY MUSCLES MAGNIFICENT!
- ❑ FRUIT MAKES ME FAST!
- ❑ PLUS MANY, MANY MORE MESSAGES.



MIGHTY NUTRITION MESSAGES...



...ARE POSITIVE MESSAGES ABOUT HEALTHY FOOD

...ARE SPOKEN WITH EXCITEMENT, JOY, AND POSITIVE EMOTIONAL INTENSITY

...NEED TO BE REPEATED SEVERAL TIMES IN A ROW

...CAN PRACTICED IN A SILLY FUN WAYS (I.E. A SONG OR A CHEER)

...CAN HAVE FUN ACTIONS ADDED WITH THEM (I.E. CLAPPING OR DANCING)

Practice Mighty Nutrition Messages with your child every day. Have fun with it!

PROVIDE ENGAGING NUTRITION EDUCATION MATERIALS FOR YOUR CHILD

play food MEMORY game



toddler
APPROVED

- MUSIC CD'S WITH SONGS ABOUT HEALTHY EATING
- PLAY KITCHEN WITH HEALTHY FOOD MODELS
- BOOKS WITH POSITIVE FOOD AND NUTRITION MESSAGES
- MATERIALS FOR HEALTHY FOODS ART PROJECTS (I.E. VEGETABLE COLLAGE AND DRIED BEANS/GRAINS TEXTURED PICTURE)
- NUTRITION GAMES (I.E. FRUITY BEAN BAG TOSS)
- COLORING OR ACTIVITY BOOKS ABOUT HEALTHY EATING
- POSTERS DISPLAYING HEALTHY FOODS OR MESSAGES

FIND HANDS-ON NUTRITION EDUCATION OPPORTUNITIES LIKE...



...PLANTING AND GROWING FRUIT OR VEGGIES

...SPOUTING LENTILS

...TAKING FIELD TRIPS TO FARMS, GREEN HOUSES AND GROCERY STORE

...FUN COOKING LESSONS

...DURING FAMILY STYLE MEALS – THIS IS A GREAT TIME TO TALK ABOUT HEALTHY FOODS

...DURING MOTOR SKILLS, POINT OUT HOW HEALTHY FOOD HELPS THEIR BODIES MOVE, PLAY, MASTER NEW SKILLS

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL THE STAFF AT POSITIVE PATTERNS FOR LIFE, LLC WHAT YOU LIKED ABOUT THIS EDUCATIONAL HANDOUT. GO TO THE CONTACT PAGE ON OUR WEBSITE AND SEND A MESSAGE TO THE STAFF.

THANK YOU FOR YOUR TIME!

